

"It's a cooperative movement, where we all take part"

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otage from
contribution

u3a has

launched a new film, which showcases the volunteering and contribution within u3a. The film was created at the recent u3a Off the Wall event, where members from across the movement connected together at Hadrian's Wall to learn and share skills with each other. The event was volunteer-led with members helping to organise the event, run workshops and more. The film was launched at the beginning of National Volunteers Week, an annual celebration of all that volunteers do. The u3a movement is made up of volunteers, who contribute their time and energy to running u3as and groups.

Edinburgh u3a member Ann helped to organise the event. Speaking in the film, she says, "Volunteers are, I think, instrumental in bringing groups together and just getting people to enjoy things that they might not necessarily have thought of doing.

"If you look at the group today, they've all learned from one another. They've all looked at each other's work and thought, wow how did you do that? [u3a is] a cooperative movement, it's something where we all have to take an active part."

The film is part of a new series, 'Be part of something bigger' which will highlight some of the national events and the ways individual members can be involved with the larger u3a movement. Watch 'u3a off the wall - be part of something bigger' on [the u3a YouTube channel](#).

There are more than 1,000 u3as across the UK with hundreds of different interest groups – everything from Egyptology to crafting. There are lots of opportunities to share skills within u3a - whether that's joining the committee, running groups or helping to organise events. [Find your local u3a and join us](#).